

Nurturing the Heart Bio

Pearl Waldorf, MEd, LPC is a queer-identified, Jewish, white-bodied human. Her Master's work at the California Institute of Integral Studies supported the integration of her spiritual self into the therapy room and awakened her calling as a group leader. Her training spans from her years grounding in Somatics with META (Mindful Experiential Therapy Approaches) to ongoing Modern Analytic Group Psychotherapy with the Center for Group Studies and its faculty to in depth study of Interpersonal Neurobiology with Bonnie Badenoch. Currently, her passion lies in learning beyond her limited Western Eurocentric frames of reference from texts, podcasts, in writing rooms and in healing spaces with, as Resmaa Menakem puts it, teachers "of Culture." For Pearl, well-being is collective. She helps folx be more of the person they envision for themselves while also bringing respect and kindness to the person they already are.

"I remember the first time I sat with Bonnie in the warmth of her home listening, sensing with others another way to heal. At the time, I was in post-graduate training practicing and learning skills that I still use today. Bonnie's IPNB, the relational circle she welcomed me to in 2013, opened me to the possibility of *my* knowing. I see IPNB as an implicit map, the permission my cortical brain needed to believe what I felt, to simply be with my clients. My years of learning and now teaching this non-method have taught me relational response-ability is radical. The scientific "stories" shared with me and that I now share with my clients create a kind of magic. I am grateful for a pathway my being could follow home to embodiment."